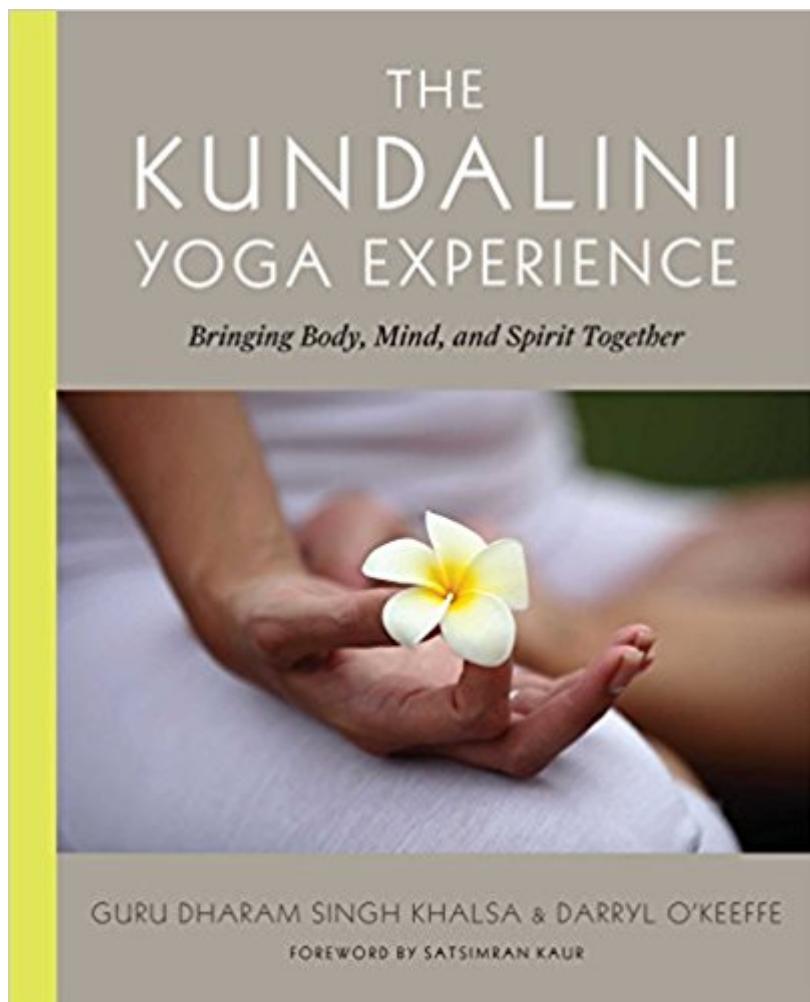


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# The Kundalini Yoga Experience: Bringing Body, Mind, And Spirit Together



## Synopsis

A beautifully redesigned edition of the only authoritative guide to the most traditional form of yoga that teaches poses, breathing techniques, and meditations to bring bodies and minds together in a healthier, balanced union. Americans have adopted yoga as one of the most effective and enjoyable ways to stay healthy. But yoga isn't only about increasing flexibility and holding onto that youthful glow. As yoga becomes more popular, much of its original spirit is disappearing. While every yoga class includes a period of meditation, the majority of classes focus on learning postures to tone and strengthen the body. The Kundalini Yoga Experience teaches practices that equally target the body, the mind, and the spirit to improve every aspect of your health and tap into your own unique stores of healing energy. Professional Kundalini instructors Guru Dharma Khalsa and Darryl O'Keefe offer a balanced step-by-step program based on breathing, poses, and meditation to help you become the best person you can be "physically, emotionally, and spiritually. Beautifully illustrated with more than fifty full-color photos and line art, The Kundalini Yoga Experience reveals the purest form of yoga—a one that combines physical fitness with emotional health and spiritual satisfaction.

## Book Information

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## Customer Reviews

The most outstanding quality of this excellent book is its accessibility to both the novice yoga student and the experienced teacher. It is a rare treat to find a book on Kundalini Yoga which encourages the reader to work alone if there are no expert teachers around. It does this in a safe,

confident and careful manner, leading the reader through the initial stages to the final, satisfactory stages of practising this powerful yogic system. The book is set out in four parts : 1. Numerology and the chakra system. This aids the student in choosing which kriya and meditation to practice in order to balance the chakras. 2. Your practice - preparation for practice. 3. The kriyas and meditations - beautifully photographed and clearly explained with smiling, confident models. 4. Kundalini components - an essential explanation of yogic elements. The book includes precautions, an excellent glossary, some concise tables explaining the chakras and our ten bodies. As a teacher, I have used this book for several months, finding it so well produced, I can work from it very easily and I have also recommended it to my students.

This book is organized quite well. The layout is simple and straightforward. You are taken step by step in creating your own yoga routine. First, you learn about numerology and then use it to calculate which yogic bodies you need to work on. There are two meditations to choose from per yogic body. Next, you learn about the chakras and use a chart to rate your abilities within each chakra. You then use these scores to determine which chakra to work on first. Finally, you are shown how to compose an entire routine consisting of warm-up exercises, your personal kriya (chakra exercise), deep relaxation and wake-up sequence, your personal yogic body meditation, and a completion mantra. There is easily enough information in this book to provide for years of diverse methods of practice. The book is also very well illustrated; all of the exercises are quite easy to emulate. The final section illustrates and expounds upon aspects of the exercises including breath, mantras, mudras, asanas, and bandhs. Something to note also: this book is primarily an instruction manual. As such, it doesn't always adequately or fully explain everything presented. If you are, in fact, looking for a training guide and not a book that espouses the metaphysics of yoga, this is not really a problem.

It is not often you get to read a book that has been simply written in an authoritative manner by people who clearly walk the walk, as well as talk the talk. Well written, beautifully illustrated there is nothing to stop anyone who is interested beginning to learn the discipline safely and to their benefit with immediate effect. This book is much needed and is a credit to its authors, both of whom have been hard at work serving others over many years as they learned their trade through practice and service to others. This book has a refreshing approach where self diagnosis made easy and gifted to the reader in a way they can relate to and understand. True at a physical level but also for the emotions and for the intellect. Remedial measures are explained and made simple and then it is up

to the reader whether to proceed or not, if they choose to then the remedial measures of today become the preventative means of tomorrow. Available in the USA and Canada as The Kundalini Yoga Experience and in the UK as Kundalini the Essence of Yoga - same book different title both by Guru Dharam Singh & Darryl O'Keeffe. Both the authors are real yogi's of our time yet follow a traditional lineage influenced by Yogi Bhajan, an unbeatable combination and a must for any bookshelf.

I ordered this book in the Kindle edition and while the content seemed good, the Charts in the Kindle edition were unreadable, so I had to ask for a refund. My suggestion is to purchase the book if you are interested.

I have been a practitioner of kundalini yoga for over 10 years, and a teacher since 2004. I love this book because it covers all the basics of kundalini and yet has some very creative sets. I especially love the way the book is organized. It clearly explains the order of a class and is beautifully organized by chakras--giving two to three sets of exercises that focus on each chakra. The only drawback I have found is that many of the sets are very, very challenging and are not easy to teach to beginners. . . most of them are not ideal for introducing someone to kundalini (although a few of them are quite fine). Beautifully layed out and photographed, lightweight and thin enough to travel with easily.

I thoroughly enjoyed this book and will use it as a resource regularly in my Kundalini practice. I purchased the Kindle version, however, which was a mistake. The Kindle version has no table of contents so unless you bookmark it is difficult to flip back and forth from one section to another, which is necessary with this type of book. Also, the tables are so messed up they can't be used, which is also a disappointment, as again the table and quiz are key to this book. I plan to order a hard copy.

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